

Niagara
Sexual Assault
Centre

Public Education

Speakers are available to address sexual violence prevention issues for schools, workplaces and community groups including persons with disabilities, youth at risk, parenting groups, seniors and individuals new to the country.

Elementary School Programs

- Child Assault Prevention Program
- Youth Issues Program
- Grade 8 program

“
Every school can benefit from this great program. It really taught the students skill and strategies that they can remember for a long time. Great job! - Elementary school teacher
”

Secondary and Post-Secondary Programs

- General Sexual Violence - consent, bystander intervention and community resources
- Child Sexual Abuse Prevention
- Sexual Harassment
- Human Trafficking Prevention
- Sexual Violence and Legal Issues

“
I believe the topics being addressed are probably the most important issues now in our lives - Grade 10 student
”

Community Agencies and Workplaces


- Staff Training
- Professional Development

To book a speaker or for more information, contact us at carsa@SexualAssaultNiagara.org or 905-682-7258

24-Hour Crisis Support Line 905-682-4584

 **NSAC**
43 Church St., Suite 503
St. Catharines, ON
L2R 7E1

Business Line: 905-682-7258
Fax: 905-682-2114
Email: carsa@sexualassaultniagara.org
Website: NiagaraSexualAssaultCentre.com
Registered Charity #: 11884-0040-RR001

-  [Facebook.com/niagarasac](https://www.facebook.com/niagarasac)
-  [@NIAGARA_SAC](https://twitter.com/NIAGARA_SAC)
-  [@niagara.sexual.assault.centre](https://www.instagram.com/niagara.sexual.assault.centre)

A member of the Ontario Coalition of Rape Crisis Centre and Living Wage Network



For service in French, contact Centre de Santé Communautaire Hamilton/Niagara

 Centre de santé communautaire Hamilton/Niagara  **905-734-1141**



The Niagara Sexual Assault Centre is a non-profit agency that responds to the needs of survivors of sexual violence and their families.

We strive to raise awareness and understanding of sexual violence through prevention programs campaigns and advocacy.



Counselling

We provide the following services to individuals 16 years of age and older:

- Individual assessment and psychotherapy
- Therapy in various locations
 - St. Catharines, Niagara Falls, Fort Erie, Port Colborne and Welland
- Group counselling
- Family member support and education
- Anonymous Third Party Reporting
- Professional consultation and training

The intention of counselling is to:

- Address the impact of sexual violence
- Manage trauma symptoms related to sexual trauma (e.g. depression, anxiety, flashbacks, nightmares, dissociation, sleep disturbances, self-harm behaviours, body image concerns, relationship issues)
- Develop and increase confidence and self-trust

All services are:

- Provided by professionally-trained therapists specializing in trauma therapy
- Confidential and free
- Self-referrals are required. Simply call 905-682-7258 for more information.

“ I am forever thankful for this group. Telling my story and hearing others has been life changing. I feel validated for the first time and giving validation has been just as life changing. ”

24-Hour Crisis Line

905-682-4584

There is someone for you to talk to if you or someone you know has experienced sexual violence either recently or in the past. Speak directly to a support counsellor who can offer you non-judgmental, confidential support and understanding. They can provide you with further information and options specific to your concerns.

**We are here to listen and to help.
You are not alone.**

Hospital Response

If you were sexually assaulted within the past 12 days, you can go to the **St. Catharines General Hospital and ask to speak to the SADV Unit**. Remember you have choices and you can decide what happens to you.

You will be offered the following choices at the sexual assault treatment centre:

- Medical treatment
- Collection of physical evidence
 - This evidence can be held for up to 1 year while you decide if you would like to press charges
- Legal options
- Follow-up care and referrals
 - Counselling services or community supports

A **hospital-response worker** from our centre will be called by the hospital to provide support and advocacy for you and any family members or friends in attendance.